

FIT TIPS:

Working Out After Work

After a long day at work, the last thing you want to think about is working out. Going home to your couch is much more tempting! However, if the evening is the only time you have to workout, follow these tips:

- **Eat and drink properly throughout the day** - Dehydration and lack of fuel will decrease your energy and make you feel sluggish. Eat something every three hours to keep your energy levels up. Each one of your meals or snacks should contain a lean protein and a whole-grain.
- **Have a small afternoon snack before your workout** - Good choices include whole-grain crackers with cheese, fresh fruit with cottage cheese, an apple with peanut butter, or trail mix with nuts and dried fruit.
- **Get enough sleep** - Most people need seven to nine hours of sleep to avoid an afternoon slump.
- **Drive or walk to the gym** - Do not stop at home on the way! If you stop at home prior to going to the gym, it will be easier to convince yourself to relax and skip the gym.
- **Change into your gym clothes ahead of time** – Before you head to your car, change into your gym clothes. That way you are ready to workout.
- **Find a workout buddy** – Perhaps someone from the office will help you stay committed to your exercise plan.
- **Set goals** – Having a goal to work towards, such as; firming up for a class reunion or lowering your blood pressure can help motivate you to hit the gym after work.

